26th ANNUAL
Advances in Diagnosis and Treatment of Sleep Apnea and Snoring

Hotel Nikko Union Square • San Francisco, CA

FRIDAY – SATURDAY (Presidents’ Day Weekend)
February 14-15, 2020

COURSE DIRECTORS

ANDREW N. GOLDBERG, MD, MSCE
University of California, San Francisco

ERIC J. KEZIRIAN, MD, MPH
University of Southern California

RICHARD J. SCHWAB, MD
University of Pennsylvania Medical Center
This course has been coordinated through the University of California, San Francisco Department of Otolaryngology-Head and Neck Surgery and the Penn Center for Sleep Disorders at the University of Pennsylvania. The program is designed to provide a comprehensive review and update on recent advances in sleep apnea and snoring. New approaches and controversies in the management of patients with sleep disordered breathing will be highlighted. Leaders in the field from Pulmonary and Critical Care Medicine, Otolaryngology – Head and Neck Surgery, Dentistry, Oral and Maxillofacial Surgery, Pediatrics, Bariatric Surgery, Neurology and Obesity Research will share their medical and surgical expertise in didactic sessions, case presentations and workshops with the intent to close practice gaps in physician knowledge and competence for diagnosing and managing sleep disordered breathing and complications resulting thereof. Patients with sleep disordered breathing are highly prevalent in every physician’s practice, and complications related to the disease can manifest in a number of ways to the detriment of patient health and well-being. There will be ample opportunity for interaction with participating faculty. An electronic course syllabus, complete with program outline and up-to-date references, will be provided to each participant. Please bring your laptop or tablet if you would like to view the syllabus during the didactic sessions.

TARGET AUDIENCE
This continuing medical education activity is intended for the physician in Sleep Medicine, Otolaryngology-Head and Neck Surgery, Pulmonary Medicine, Oral and Maxillofacial Surgery, Family Practice, Internal Medicine, Pediatrics, Cardiology, Neurology, Psychiatry, Anesthesia, and Geriatrics. Dentists, sleep respiratory therapy technologists and nurses are also invited to attend this program.

OBJECTIVES
Upon completion of this course, participants will be able to:
• Apply new developments in the pathogenesis, diagnosis, and management of patients with sleep disorders and sleep disordered breathing;
• Assess new, alternative, and established medical and surgical treatments for sleep apnea and snoring in adults and children;
• Evaluate the advantages and disadvantages of home versus in-laboratory sleep testing;
• Assess the medical and social consequences of sleep apnea and snoring;
• Assess future developments in medical technology and how they will impact their practice;
• Improve treatment selection for sleep apnea and snoring using upper airway imaging;
• Provide new information to patients regarding the association between obesity and obstructive sleep apnea and the outcomes of medical and surgical treatment of obesity.
COURSE CHAIRS
Andrew N. Goldberg, MD, MSCE
Boles Professor and Vice Chair
Director, Division of Rhinology and
Sinus Surgery; Department of
Otolaryngology – Head and Neck
Surgery, University of California,
San Francisco
Eric J. Kezirian, MD, MPH
Professor and Vice Chair,
USC Caruso Department
of Otolaryngology – Head
& Neck Surgery; Keck School of
Medicine of the University of
Southern California
Los Angeles, CA
Richard J. Schwab, MD
Professor, Department of Medicine
Medical Director, Penn Sleep
Center; Perelman School of
Medicine at the University of
Pennsylvania
Philadelphia, PA

COURSE FACULTY
(University of California, San Francisco)
Jennifer Buchanan, DDS
Assistant Clinical Professor of
Oral and Maxillofacial Surgery
University of California,
San Francisco
Robson Capasso, MD
Chief of Sleep Surgery
Associate Professor of
Otolaryngology and Head
and Neck Surgery
Stanford University Medical
Center, Stanford, CA
Jolie L. Chang, MD, FACS
Associate Professor of
Otolaryngology – Head and Neck
Surgery; Director, Division of Sleep
Surgery, University of California,
San Francisco

COURSE FACULTY (CONT’D)
David M. Claman, MD
Professor of Medicine
Director, UCSF Sleep Disorders
Center; University of California,
San Francisco
Raj C. Dedhia, MD, MSCR
Assistant Professor of
Otorhinolaryngology –
Head and Neck Surgery
Director, Division of Sleep Surgery
Director, CPAP Alternatives Clinic
Perelman School of Medicine at the
University of Pennsylvania,
Philadelphia, PA
Michelle Guy, MD
Professor of Medicine
Division of General Internal
Medicine; Diplomate American
Board of Obesity Medicine
University of California,
San Francisco
Samuel T. Kuna, MD
Professor of Medicine
Perelman School of Medicine
University of Pennsylvania
Chief, Sleep Medicine Section
Crpl Michael J. Crescenz VA
Medical Center, Philadelphia, PA
Philip Kurien, MD
Assistant Professor in Residence
of Anesthesia
University of California,
San Francisco
Robert H. Lustig, MD, MSL
Professor Emeritus of Pediatrics
Division of Endocrinology
University of California,
San Francisco
Atul Malhotra, MD
Research Chief of Pulmonary,
Critical Care and Sleep Medicine
Peter C. Farrell Presidential Chair in
Respiratory Medicine;
Professor of Medicine
University of California, San Diego

COURSE FACULTY (CONT’D)
Garani S. Nadaraja, MD
Assistant Professor of
Otolaryngology – Head and Neck
Surgery; Division of Pediatric
Otolaryngology, University of
California, San Francisco;
Medical Director and Section
Chief, Pediatric Otolaryngology,
UCSF Benioff Children’s Hospital
Oakland
Sampeter Odera, DMD, MD
Assistant Professor of
Oral and Maxillofacial Surgery
University of California,
San Francisco
Allan I. Pack, MBChB, PhD
John Miclot Professor of Medicine
Division of Sleep Medicine/
Department of Medicine
Perelman School of Medicine at the
University of Pennsylvania,
Philadelphia, PA
Kingman P. Strohl, MD
Professor of Medicine
Director, Sleep Medicine
Fellowship Program
Case Western Reserve University,
Cleveland, OH
Robert M. Wachter, MD
Professor and Chair of Medicine
University of California,
San Francisco
Edward M. Weaver, MD, MPH
Professor of Otolaryngology
Chief of Sleep Surgery
University of Washington
Staff Physician, Surgery Service
Seattle VA Medical Center,
Seattle, WA
**FRIDAY, FEBRUARY 14, 2020**

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<thead>
<tr>
<th>Time</th>
<th>Session</th>
<th>Speaker(s)</th>
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<tr>
<td>7:00</td>
<td>Registration and Continental Breakfast</td>
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<tr>
<td>7:55</td>
<td>Introduction</td>
<td>Richard J. Schwab, MD</td>
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<td>8:00</td>
<td>Overview of Sleep</td>
<td>Richard J. Schwab, MD</td>
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<td>8:30</td>
<td>Endotypes in OSA – Clinically Useful?</td>
<td>Atul Malhotra, MD</td>
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<td>9:00</td>
<td>Anatomic Perspectives on Pathogenesis</td>
<td>Richard J. Schwab, MD</td>
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<td>9:20</td>
<td>Whom Should You Fear? Driving and OSA</td>
<td>Kingman P. Strohl, MD</td>
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<td>9:40</td>
<td><strong>KEYNOTE ADDRESS</strong></td>
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<td>10:01</td>
<td>Coffee Break</td>
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<td>10:40</td>
<td>Is AHI the Right Metric to Follow in OSA?</td>
<td>Allan I. Pack, MBChB, PhD</td>
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<tr>
<td>11:00</td>
<td>Cognitive Decline and OSA</td>
<td>Andrew N. Goldberg, MD</td>
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<td>11:20</td>
<td>Making the Most Out of CPAP</td>
<td>Samuel T. Kuna, MD</td>
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<td>11:45</td>
<td>What is a CPAP “Failure”?</td>
<td>David M. Claman, MD</td>
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<td>12:00</td>
<td>Lunch (On Your Own)</td>
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<td>1:30</td>
<td>Lightning Rounds! Moderator: Andrew N. Goldberg, MD, MSCE</td>
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<td>3:00</td>
<td><strong>KEYNOTE ADDRESS</strong></td>
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<td>2:10</td>
<td>The Three Faces of Metabolic Syndrome</td>
<td>Robert H. Lustig, MD, MSL</td>
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<td>3:30</td>
<td>Cause and Effect - Obesity and OSA</td>
<td>Michelle Guy, MD</td>
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<td>3:50</td>
<td>When Should You Suspect Obesity Hypoventilation Syndrome?</td>
<td>David M. Claman, MD</td>
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<td>4:10</td>
<td>Is Your Gut Microbiome Making You Gain Weight?</td>
<td>Andrew N. Goldberg, MD, MSCE</td>
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<td>4:30</td>
<td>Oral Appliances – You’re Not Using Them Enough!</td>
<td>Jennifer Buchanan, DDS</td>
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<td>5:00</td>
<td>Adjourn</td>
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<tr>
<td>5:30</td>
<td>Red and White Party Wine Reception</td>
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<td>7:00</td>
<td>Adjourn</td>
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**Program Note:** Mingle with attendees, speakers, and their guests while tasting from a variety of different local wineries and enjoying samples of local California cuisine. Complimentary for conference registrants; guests welcome for an additional fee.
**Hotel Nikko Union Square • San Francisco, CA**

**SATURDAY, FEBRUARY 15, 2020**

### 7:00 am  Continental Breakfast

### 7:00 am - 7:55am  **OPTIONAL BREAKOUT SESSIONS** *(complimentary with registration)*

- **How to Manage a Sleep Practice in 2020 - Lessons Learned:** What to Do with Home Sleep Studies? Schwab/Malhotra/Claman/Strohl/Kuna
- **Techniques in OSA Surgery**
  - Goldberg/Kezirian/Capasso/Nadaraja/Weaver/Chang/Dedhia/Odera

### 8:00  The Year in Review  
Allan I. Pack, MBChB, PhD

### 8:30  Clinical Trials in OSA – What We’ve Done, What We Need to Do  
Samuel T. Kuna, MD

### 8:50  Apps and Wearables for Sleep and Snoring  
Robson Capasso, MD

### 9:05  The Nose in OSA – Soup to Nuts  
Edward M. Weaver, MD, MPH

### 9:25  OSA in Children: What’s New?  
Garani S. Nadaraja, MD

### 9:45  Physical Exam: What’s Really Important?  
Robson Capasso, MD

### 10:00  Coffee Break

### 10:30  Drug-induced Sleep Endoscopy – When Does it Help Me?  
Eric J. Kezirian, MD, MPH

### 10:45  The Many Flavors of Palate Surgery – Which One is Best?  
Edward M. Weaver, MD, MPH

### 11:05  Lightning Rounds!  
Moderator: Eric Kezirian, MD, MPH
- **The 5-minute Dental Exam for OSA**  
  - Jennifer Buchanan, DDS
- **My Best Palate Procedure for Snoring**  
  - Jolie L. Chang, MD
- **Oral Appliances – Combination Therapy**  
  - Jennifer Buchanan, DDS
- **Positional Therapy Tips and Tricks**  
  - Richard J. Schwab, MD
- **Options for Pain in the Opioid Crisis**  
  - Andrew N. Goldberg, MD, MSCE

### 11:40  Cardiovascular Outcomes in OSA  
Raj C. Dedhia, MD, MSCR

### 12:00 pm  Lunch (On Your Own)

### 1:30  Anesthetic Challenges in OSA Patients  
Philip Kurien, MD

### 1:50  Hypoglossal Nerve Stimulation – Patient Selection  
Kingman P. Strohl, MD

### 2:10  Hypoglossal Nerve Stimulation – Procedure and Outcomes  
Jolie L. Chang, MD

### 2:30  Panel: Hypoglossal Nerve Stimulation  
Moderator: Edward M. Weaver, MD, MPH
- Jolie L. Chang, MD • Raj C. Dedhia, MD, MSCR • Eric J. Kezirian, MD, MPH
- Richard J. Schwab, MD • Kingman P. Strohl, MD

### 3:00  Coffee Break

### KEYNOTE ADDRESS

**3:15  Healthcare’s Digital Revolution: (Finally) A Time for Optimism**  
Robert M. Wachter, MD

### 4:00  Hypopharyngeal Surgery – Choosing Wisely  
Eric J. Kezirian, MD, MPH

### 4:20  Who Should Get Surgery of the Facial Skeleton? MMA and Expansion  
Sampeter Odera, DMD, MD

### 4:40  Panel: Cases That Keep You Up at Night  
Moderator: Kingman P. Strohl, MD
- Richard J. Schwab, MD • Atul Malhotra, MD • Samuel T. Kuna, MD
- Eric J. Kezirian, MD, MPH • Andrew N. Goldberg, MD, MSCE

### 5:15 pm  Course Adjourns
GENERAL INFORMATION
Advance registration closes 3 business days prior to start of course.

REGISTRATION INFORMATION
Tuition: Early Bird by After
Practicing Physicians $700 $750
Advanced Practice Providers $525 $625
& Other Health Professionals $425 $525
Residents/Fellows
Payment may be made by Visa, MasterCard, AmEx or check.

REFUND POLICY
Cancellations received in writing before February 12, 2020 will be refunded, less a $75 administrative fee. No refunds will be made on cancellations received after that date.

CONFERENCE LOCATION
Enjoy San Francisco's renowned attractions such as the historic cable cars, shopping in Union Square, or visit San Francisco’s culinary hub at the Ferry Building.

The newly renovated Hotel Nikko is just steps from Union Square and the Theatre District. A block of guestrooms has been reserved at the special UCSF conference rate of $299/night. You are urged to make your reservations early. The cut off date is January 23, 2020, or until the group room block is filled. To make hotel reservations online, visit the Location section of the course website at SleepApnea.ucsf.edu. If you prefer to telephone in your reservation, call 800-248-3308 and identify yourself as a member of this UCSF conference to receive the special discounted rate.

By staying at the host hotel, you help UCSF meet its contractual obligations and keep registration fees reasonable.

AIR TRANSPORTATION AND RENTAL CAR
UCSF has negotiated special fares with airlines and car rental agencies. Please visit the TRAVEL AND LODGING section on the course webpage at SleepApnea.ucsf.edu for more information and discount codes.

SYLLABUS – The syllabus will be available electronically approximately 1 week prior to the course. If you do not receive an email with the link, you can also go directly to the course web page at SleepApnea.ucsf.edu and find the syllabus link at the top of the page.
ACCREDITATION
The University of California, San Francisco School of Medicine (UCSF) is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians. UCSF designates this live activity for a maximum of 14.50 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

This CME activity meets the requirements under California Assembly, Bill 1195, continuing education and cultural and linguistic competency.

Nurses For the purpose of recertification, the American Nurses Credentialing Center accepts AMA PRA Category 1 Credit™ issued by organizations accredited by the ACCME.

Physician Assistants AAPA accepts category 1 credit from AOACCME, prescribed credit from AAFP, and AMA PRA Category 1 Credit™ from organizations accredited by the ACCME.

Pharmacists The California Board of Pharmacy accepts as continuing professional education those courses that meet the standard of relevance to pharmacy practice and have been approved for AMA PRA Category 1 Credit™.

Family Physicians Application for CME credit has been filed with the American Academy of Family Physicians. Determination of credit is pending.

American Board of Internal Medicine (ABIM) MOC Successful completion of this CME activity, which includes participation in the evaluation component, enables the participant to earn up to 14.50 MOC points in the American Board of Internal Medicine’s (ABIM) Maintenance of Certification (MOC) program. Participants will earn MOC points equivalent to the amount of CME credits claimed for the activity. It is the CME activity provider’s responsibility to submit participant completion information to ACCME for the purpose of granting ABIM MOC credit.

IMPORTANT: The online course evaluation must be completed by the due date specified - no exception. Within 45 days after submitting your evaluation, we will report your MOC points.

American Board of Otolaryngology – Head and Neck Surgery MOC Successful completion of this CME activity, which includes participation in the evaluation component, enables the participant to earn their required annual part II self-assessment credit in the American Board of Otolaryngology – Head and Neck Surgery’s Continuing Certification program (formerly known as MOC). It is the CME activity provider’s responsibility to submit participant completion information to ACCME for the purpose of recognizing participation.

IMPORTANT: The online course evaluation must be completed by the due date specified - no exception. Within 45 days after submitting your evaluation, we will report your MOC points.
COURSE REGISTRATION • MOT20003
26th Annual ADVANCES IN SLEEP APNEA AND SNORING
February 14-15, 2020 • Hotel Nikko • San Francisco, California

Mail to: UCSF Office of CME
3333 California Street, Suite 450
San Francisco, CA 94118
Fax: (415) 502-1795

Online registration: SleepApnea.ucsf.edu
Registration Information: (415) 476-5808
Course Information: (415) 476-4251

☐ Dr.  ☐ Ms.  ☐ Mr.  ☐ Mrs.  ☐ Mx.

LAST NAME  FIRST  M.I.

DEGREE  SPECIALTY

ADDRESS

CITY  STATE  ZIP

DAYTIME PHONE  FAX

EMAIL

Address Label Code Letter (see address label: example, A, B, C, D, etc.) _______

Would you like to be on our priority email list?  ☐ Yes  ☐ No

Date of birth to be used as OCME registrant number: ___ ___ / ___ ___ / X X

Please indicate if you have any special needs or dietary restrictions: ___________________

Registration Fees:

Tuition:  Early Bird by  After
11/1/19  11/1/19

Practicing Physicians
☐ $700  ☐ $750

Advanced Practice Providers &
Other Health Professionals
☐ $525  ☐ $625

Residents/Fellows
☐ $425  ☐ $525

WINE RECEPTION – TICKETS

Attendee Ticket to Reception  Complimentary
(This ticket request confirms your attendance at the Friday Night Reception)

Additional Adult Ticket to Reception  $25 each
Child Ticket to Reception  $15 each

_______ TOTAL

OPTIONAL BREAKOUT SESSIONS  (Included in registration fee, but pre-registration requested)

Please Choose:  ☐ How to Manage a Sleep Practice in 2020 – Lessons Learned:
What to Do with Home Sleep Studies?

☐ Techniques in OSA Surgery

Breakout sessions will take place on Saturday February 15th from 7:00-7:55am in the Hotel Nikko

Make checks payable to UC Regents

Please charge my credit card: ☐ Visa ☐ MasterCard ☐ AmEx for $ _____________________

________________________________________  _____________________
CARD #  EXPIRATION DATE

________________________________________  _____________________
NAME ON CARD (PLEASE PRINT)  AUTHORIZED SIGNATURE

Refund Policy
Cancellations received in writing before February 12, 2020 will be refunded, less a $75
administrative fee. No refunds will be made on cancellations received after that date.
Please check our website for up-to-date information on the course: SleepApnea.ucsf.edu